



VASHON

# THE LOOP

Vol. 9, #2

HAPPYNEW YEAR FROM VASHON'S COMMUNITY NEWSPAPER

January 19, 2012

## Vashon Gets a Snowday



*Sleeders take to the slopes of Ober Park during Wednesday's Snowday*

Vashon got a Snowday, when a much anticipated Wednesday morning snow storm brought 6-8 inches of Snow to Vashon-Maury Island. Vashon Schools closed both Wednesday and Thursday.

Snow was supposed to start falling Tuesday prompting the Community council and several other Tuesday

meetings and events to cancel. The Wednesday Chamber of Commerce meeting was postponed. Vashon Park District canceled all classes and events.

The Vashon Theater closed for Wednesday night but was expected to

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*Normally by 10:45am parking in front of Cafe Luna is full.*

## Jim Malcolm Comes to Vashon



*Jim Malcolm*

Travelling the world with his guitar, harmonicas, and engaging wit, he sings the traditional songs of Scotland and his own masterfully crafted songs in a style which is modern and accessible, yet utterly authentic. He is highly regarded as an interpreter of the songs of Robert Burns, and has been described as "one of the finest singers in Scotland in any style".

Jim Malcolm is the ultimate Scots troubadour. Travelling the world with his guitar, harmonicas, and engaging wit, he sings the traditional songs of Scotland and his own masterfully crafted songs in a style which is modern and accessible, yet utterly authentic. He is highly regarded as an interpreter of the songs of Robert Burns, and has been described as "one of the finest singers in Scotland in any style".

With family roots in Perthshire and Strathclyde, Jim has been a professional musician since graduating from Edinburgh University. His first arena was the folk music scene in Scotland, where he gigged in almost every town and isle from Berwick to Benbecula and from Stranraer to Lerwick. Working solo or in various bands and combos in far flung pubs, hotels and clubs toughened him up for a future life on the road.

Solo tours in England, Ireland, Denmark and Germany followed, including musical adventures in some

off-thecharts places like Uganda.

The opportunity to join the already established Celtic folk/rock band Old Blind Dogs saw Jim further explore countries on the European continent and North America, travelling as far as Alaska and Hawaii. Over his eight years with the band, Jim recorded three studio albums and a live cd. Jim's 2011 release Sparkling Flash sees a band reunion 'across the ether', as several Dogs members make a guest appearance on the CD.

As a solo performer with ten solo CDs to his credit, Jim can mix it with anyone out there. As well as a renowned singer, he is in the top handful of simultaneous guitar and harmonica players in the world. He plays guitar mostly in the folk guitar tuning dadgad in both fingerpicking and plectrum styles.

His concerts are always highly entertaining, peppered with funny stories and observations, in the great tradition of Scottish artists through the ages, Jim has featured many times on radio and television on both sides of the Atlantic, unfazed by cameras and completely at home behind a microphone.

The release of 2011's CD 'Sparkling Flash' marks a milestone for Jim. He has now recorded fifty songs which

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## Road to Resilience

### Getting To Know Your Pantry

This issue, I'd like to talk about an element of personal resilience that, happily, we can all put in place. You will probably recall a few times in the last two winters when the roads were covered by a sheet of ice. If you didn't have a fire-breathing, snow-eating four wheeler, you may have been a bit wary about venturing out into what could end up being an all day harrowing experience or worse. Your vehicle could end up joining the lost souls in the roadside snowdrifts at the bottom of one of our hills. We would have stayed home if there were nothing we needed to get. It may have been batteries or candles if the power was out, but, most likely, it had to do with food and water.

Most of us have at least a cupboard or maybe a closet that we call the pantry. At times like this, we peruse our pantry treasures for a likely dinner menu. There may be a pile of small cans of smoked shellfish and sardines, Aunt Martha's rhubarb chutney ripening these many years, other items in black holes that you gaze upon as if for the first time, squinting to read the labels. And then on the floor in the corner, we find an old bag of rotted and dried potatoes behind a

By Terry Sullivan, Transition Vashon

large tin of caramel corn. In sizing up the possibilities, we first narrow our choices down to what we can be fairly certain won't kill or severely sicken the whole family. In considering this, we know that the things with the least nutritional value are most likely to stand the test of time: that tin of caramel corn is a no-brainer.

Happily, those situations don't usually last very long and we can usually come away with nothing worse than a good story or two. Our grocery stores have about a 3-day supply of food on hand. You may have personally experienced one of those "prepare for the storm" runs on the store. There is usually still a lot in the store; the only things that are missing are the things you are looking for. You get the feeling, though, of what it would be like if everybody was in there seriously trying to stock up for what might be a long term emergency. One answer to that problem would be to have a huge warehouse of emergence supplies. The best answer is easier and much better than that. A well-stocked pantry in every home will far exceed the capacity of a huge warehouse, will have food available at the point of use, and will include only the foods that each

*Continued on Page 11*



# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Shape Up Vashon Classes

Wed Feb 8  
Lighten Up  
Make your meals healthier and enjoy them more. Join the discussion with Mona Hardy, Vashon Weight Watcher's coach for 20 years.  
Shape Up Vashon will offer this class twice on Feb 8  
Senior Center 10:00 am-11:00 AM  
Vashon College at 7-8:15 PM  
Come at 6:15 to have your blood pressure taken, or weight-in at the evening class  
Free for Shape Up Vashon members, \$5 for others.  
Register for Shape Up Vashon at either class or online at [www.shapeupvashon.org](http://www.shapeupvashon.org)

### Vashon Delta Dog Winter Schedule

Friends and Fidos:  
2011 has been a good year for the Vashon Delta Dogs with teams working at Chautauqua, VCC and beginning in 2012 the VA hospital in Seattle.  
If anyone has been working as a Pet Partner Team in other locations please let me know so I can include your activities in the newsletter.  
2012 is hours away, so get out your new calendar and write down the following Vashon Delta Dog meetings.  
We will continue with alternating 1st and 3rd Tuesdays, 6:30pm @ Chautauqua Elementary School and 2nd and 4th Mondays, 5pm @VHS.

JANUARY  
Monday January 23rd, 5pm VHS  
Tuesday January 31st, 6:30pm CES

FEBRUARY  
Tuesday February 7th, 6:30pm CES  
Monday February 13th, 5pm VHS  
Tuesday February 21st, 6:30pm CES  
Monday February 27th, 5pm VHS

MARCH  
Tuesday March 6th, 6:30pm CES  
Monday March 12th, 5pm VHS  
Tuesday March 20th, 6:30pm CES  
Monday March 26th, 5pm VHS

Happy New Year!  
Kathy and Zeppo

### Two Wall Gallery Call for Entries

TWO WALL GALLERY announces to all Vashon residents a CALL FOR ENTRIES to submit artwork and designs for an upcoming show entitled "An Independent Vashon: What We'll Need To Declare." The exhibit is planned for the month of July, 2012.  
The theme of the show is centered around the idea of an independent Vashon island-state. Last year we chose an "official" flag. This year's call is for designs for currency, coinage, a great seal, postage stamps, uniforms, medals and ribbons, and any other item (except a flag) that is needed in order to run an independent state with a government and military.  
Works in all media are invited. Entry is open to everyone, and as many designs as will fit in the gallery will be accepted for display, because this is, after all, the Peoples' Republic of Vashon.  
For detailed submission directions and suggestions, contact Greg Wessel c/o Two Wall Gallery at [TwoWallGallery@aol.com](mailto:TwoWallGallery@aol.com) or call him at 206-250-2222. Submissions will be accepted until June 1, 2012.

### Fruit Club Workshops

Saturday, January 21st,  
"Planning an Orchard from the Ground Up"  
Vashon Island Fruit Club is conducting a workshop from 10am -12pm. Dr. Bob Norton will facilitate this informative session to plan a new, comprehensive home orchard. Please contact Emily MacRae at 408-7072 for more information.

Tuesday, January 24th  
Vashon Island Fruit Club - Land Trust Building  
"Scion Wood Collection and Care" at 7:30 pm, following the (members-only) Quarterly Meeting, Jean Williams of the Kitsap and Vashon Fruit Clubs will give a presentation on Scion Wood collection. Inventories will be taken of Scion Wood supply and demand.



Scrubbed, Cleaned and Restocked!  
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We Reopen  
January 23

UPS Shipping  
open in the back  
9:30am to 5pm

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Amazing Selections  
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is good for composting.

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Visit Our New Website  
[www.VashonLoop.com](http://www.VashonLoop.com)

### The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.  
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Make a date with Vashon!  
[www.VashonCalendar.org](http://www.VashonCalendar.org)

Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
[www.vashoncalendar.org](http://www.vashoncalendar.org)

## An Auction Affair: For the Love of Education

A romantic reception, silent auction, sumptuous appetizers, Live Auction, wine grab, dessert, dancing...  
There will be many exciting reasons to attend this years event. Our theme "An Auction Affair - For the Love of Education" is centered around Valentine's Day and we hope folks will find it to be a fun night out for a great cause and an evening of romance and pleasure. Our Auctioneer is Kevin Joyce, with entertainers Martha Enson, The Washington State Fairies, Pat Reardon and DJ Dan Browne providing the music. Our Sponsors include Vashon Thriftway and John L. Scott.  
BUY YOUR TICKETS NOW!  
Tickets \$35 per person available at Vashon Bookshop, The Little House & Movie Magic. (Checks or cash only.) Please note this is a 21 and older event.  
WE STILL NEED YOUR HELP!  
As we near our annual auction, we have many ways you can be involved...

Donate Items: we are making a final donation request to procure items for our Silent & Live Auctions and for the Wine Grab. If you are able to give an item, your tax-deductible donation can be dropped off at the Movie Magic building. A procurement form and more information can be found on our website, [www.vashonpts.org](http://www.vashonpts.org). If you have any questions please contact Jackie Merrill, Auction Coordinator, at 206-734-7066 or [ajmerrill@comcast.net](mailto:ajmerrill@comcast.net).  
Sponsorship: If you would prefer to donate or sponsor the event, checks can be dropped off at Movie Magic or mailed to Vashon PTSA, P.O. Box 2364, Vashon WA 98070.  
Volunteer: We need volunteers to have a successful auction. If you are able to help with decorations, set-up, help at the event and/or clean-up, please email Erica at [redpencom@yahoo.com](mailto:redpencom@yahoo.com).  
Thank you for your support of our children and schools!



### Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.  
This group is geared toward family or friend caregivers, rather than paid caregivers. If interested or if you have questions, please call Julea at 567-4421.



Next Edition  
of *The Loop*  
Comes out  
Thursday,  
February 2

Deadline for the next  
edition of *The Loop* is  
Friday, January 27





**Retail Hours:**  
Tues/Thurs/Sat 10-5

**Donations Hours:**  
7 days a Week!  
8-4pm

**So this is the deal. Granny's will be closed  
Feb 19th thru March 9th.  
Yeah, 3 LONG weeks! Oh hey, guess what?**

**You can win a chance to shop early  
at our re-opening!**

- 1 winner at each building will get in 1/2 hour early
- 1 winner at each building will get in 15 minutes early
- Bonus, the 2 who bought the most tickets will also get a 15 minute head start

Tickets are \$1 each, and are for sale now thru Feb 11th

**This week, a large quantity of high-end  
purses are out on the sales floor**

**Granny's is always looking for Good Used Clothes**

*You can drop off your donations 7 days a week, 8am-4pm.*

***Remember.....If you wouldn't give it to a  
friend, we can't use it!***

Granny's is located at Sunrise Ridge  
10030 SW 210th st, Vashon Island  
206-463-3161  
[www.grannysattic.org](http://www.grannysattic.org)

## **Eagle Eye Proofreading and Editing**

**Nancy Morgan**

[morgan@eagleedit.com](mailto:morgan@eagleedit.com)



206/567-5463  
206/819-2144

**Vashon's Yellow Pages on line.  
Find it on**

[www.VashonPages.com](http://www.VashonPages.com)

Kronos, Palouse Winery, Pandora's  
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Mind, Country Store, LS Cedar,  
Vashon Business Info  
[www.VashonPages.com](http://www.VashonPages.com)

## **PANDORA'S BOX**

The first month of Cheryl's Doom and Gloom Campaign is almost over. We'll be having special sales throughout the year as we get ready to meet the end of the world on December 21st. Right now, Natural Balance Alpha dog and cat food is on sale. If there are only a few months left to go, don't you want to feed your pets the absolute best?

**Cheryl's Pick of the Week:**

New beds are in - they are priced to sell. If your dog doesn't like it, you can use it for yourself.



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**Next Loop comes out February 2**

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*Vashon PTSA presents*



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**February 11, 2012 - 5 to 10:30 pm**

*at the*

*Vashon Golf & Swim Club*

**TICKETS ON SALE NOW! \$35 each**

*The Vashon Book Shop, The Little House or Movie Magic or [www.vashonptsa.org](http://www.vashonptsa.org)*



# Labor of Love is Almost Here!

Vashon Community Care’s annual Labor of Love online Auction will soon be here. This much-loved Island tradition, where Islanders bid on items or services that are made or performed by their Island neighbors, will begin at 12 noon on Wednesday, February 1 and run for two weeks, ending at 12 noon on Wednesday, February 15.

If you have a service or item you’d like to include in this auction and help support a great cause, you can do so now. You can donate directly online at [www.LaborofLoveVashon.org](http://www.LaborofLoveVashon.org). Or you can pick up a donation form at VCC. Services and items that have been donated in past years range from homemade cookies to ethnic dinners for eight, tractor work to garden tours and knitting lessons to kayaking lessons.

Don’t miss out! Donate your item or



Linda and John Van Stone will bake one of their famous rum cakes for you as part of the Labor of Love Online Auction to benefit VCC.

service now and become a part of this fun Island tradition. All proceeds from the Labor of Love Auction benefit the residents of Vashon Community Care. The bidding will commence on February 1st!

## Vashon Gets Snowday

*Continued from Page 1*

be open Thursday.

Ober Park was popular with the sleeders. A few cross country skiers were seen passing through town. Metro busses were on snow routes. King County road

crews were reporting very hazardous driving conditions along with several road closures.

- 103 Ave. SW. between SW. 112th St. and Vashon Hwy SW, Ferry Dock Hill
- 87 Ave. SW. between Dockton Rd.



Above: More sleeders play at Ober park

Below: my dogs, Harley and Sketch play in the Snow



# Special Screening of Old Goats



Looking for something fun to do on a Sunday afternoon in January? We’ve got the answer for you! Vashon Community Care is putting on a special screening of the locally produced movie, Old Goats, at 2 pm Sunday, January 22 at Vashon Theatre. This movie was written and directed by Taylor Guterson (son of Bainbridge Island author, David Guterson, who wrote Snow Falling on Cedars) and also features actress Benita “Bunny” Staadecker who, with her husband Charlie, used to live on Vashon Island. This comedy follows three cantankerous older men (local Pacific Northwest actors, each playing themselves) who refuse to go quietly into the night of retirement and old age.

Shot in and around Seattle, Old Goats finds humor in the everyday foibles of retirement life, providing perspective on the golden years. This movie was the only American film to be selected in the top ten movies in the 2011 Seattle Film Festival.

Prior to the start of the movie, Taylor Guterson and Bunny Staadecker will appear in-person to share how the movie came to be, a little background about the three leading actors and where the movie was shot. Old Goats is a benefit for Vashon Community Care. Tickets are \$10 and are on sale at Vashon Book Shop, Vashon Community Care and Vashon Theatre.



Vashon Highway looking south at bank road

and SW. Cemetery Rd.

- SW. 268th St. between 94 Ave. SW. and Dockton Rd. SW.

The 5:30 and 6:30 evening sailings of the Downtown Seattle/Vashon Island Water Taxi were canceled Wednesday night due to high winds.

There were no major power outages reported however winds were expected

to pick up Wednesday night.

Mixed rain and snow are predicted for Thursday allowing roads to thaw out.

For up to date road and Vashon Island information that may affect your day tune to Voice of Vashon Standing by at 1650AM.



Vashon Highway looking north at Center



# Island Life

## Candidatus

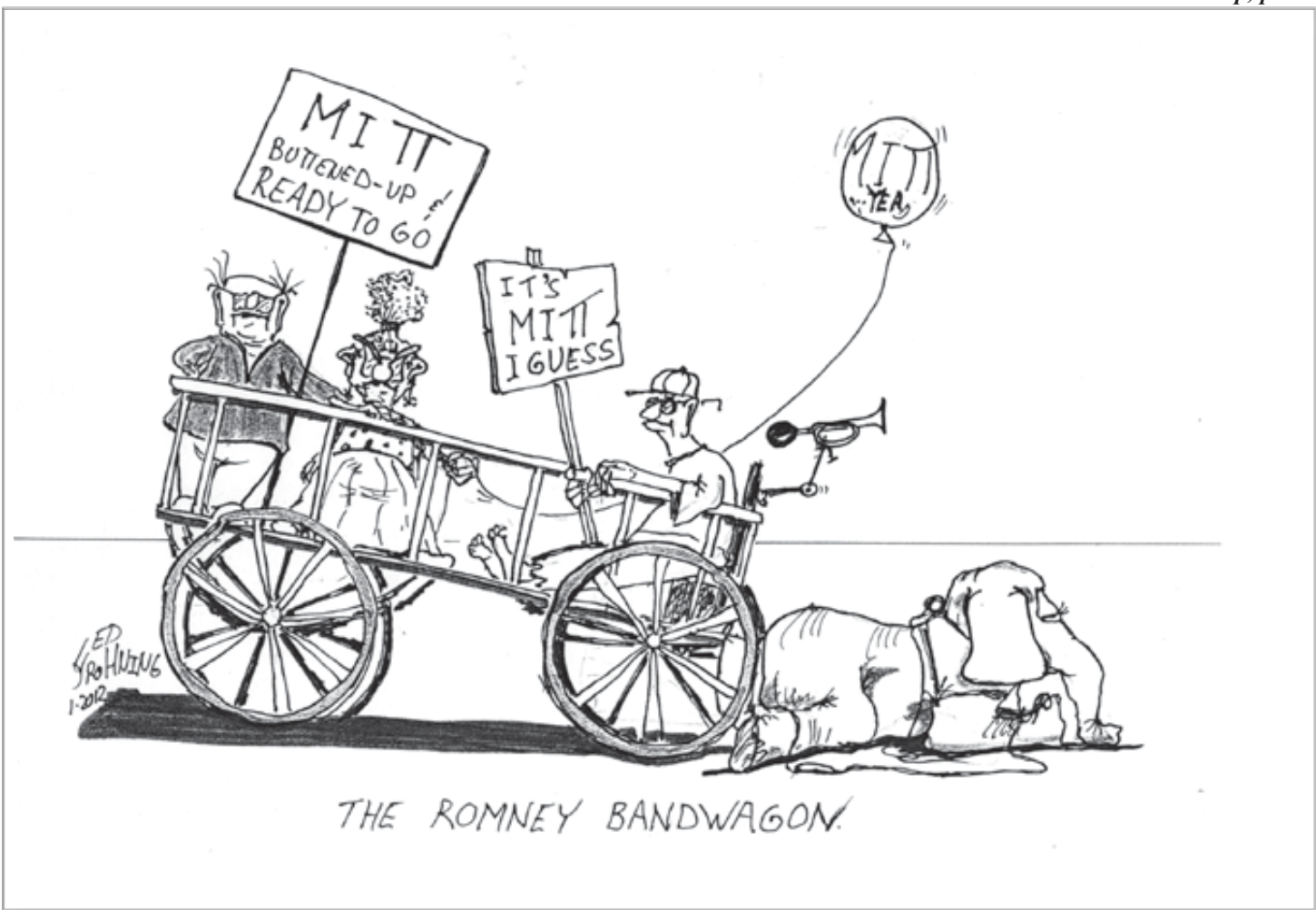
by Peter Ray

In the land of botanical nomenclature, plants with white flowers or other significant or notable parts generally have an ‘alba’ or ‘album’ attached to their scientific, Latin-based name. Having just looked up the roots and definition of the word “candidate”, it makes sense to me now that one of the most majestic and showy species lilies- *Lilium candidum*- is one of the whitest. It seems that the distinction in the whites as defined by Cassell’s Latin-English dictionary is that albus is defined as a dead white, while candidus indicates a shining or glittering white. And so it is that candidus, the root for our modern candidate, stems from the fact that candidates for political office in Rome wore glittering white robes. While most of our contemporary candidates for a range and variety of positions and offices would like to have you believe that their motives and intentions for seeking an elected position are as pure as the driven snow, it is especially hard to imagine the current gaggle of aspirants to the highest elected office in these United States parading about in the garb of Gandalf the White. In many ways a move to cloaking candidates in white could actually help to contribute to what has otherwise been the mostly lip service myth of legislative job creation, as it would take legions of dry cleaner interns to keep the frocks glistening amidst all the flinging of mud.

There is also an added bonus that a large cape or frock brings to the equation, and that would be a potential for enhanced theatrics. A given candidate would now be able to awe and inspire with grand sweeping gestures upon both entrance and exit. One could only imagine the enhanced spectacle that the Republican Presidential Candidate Debates could have been if all the players had been wrapped in white, flowing robes. On the other hand, given the lack of preparation some of the candidates put into the substance portion of their appearances, the extra effort required for maximum effect gown mechanics might be way more of a challenge than this potentially electable elite might care to muster. This could all change however if Stephen Colbert really decides to enter the race.

At this writing, Mr. Colbert is still in the “exploratory” stage of his candidacy, with his entrance, flowing gowned or not, into the South Carolina primary in doubt as he has apparently missed the filing deadline. What is also unclear at the moment is if Colbert actually caused Candidate Huntsman to withdraw his presidential bid prior to the South Carolina primary, having come in behind the as of yet undeclared Colbert in recent polling. It is also uncertain, and will remain unproven, as to whether a glittering gown of white would have improved Mr. Huntsman’s chances or not.

As a comedian and actor, I believe Colbert would milk the white gown get-up for all it’s worth. What would be even more fascinating and intellectually distorting is how Colbert’s “character” might defend his right to be there. For those unfamiliar with the conceit, Stephen Colbert is a liberal playing a conservative on his own late night TV show. While promoting the ideals and values of the right, he inserts caustic barbs and snipes at those same ideals and values. Perhaps his crowning achievement was his roasting of Bush II at the Washington Correspondents dinner a few years back. Any who doubt Colbert’s commitment to his character need only review his performance there. What



would perhaps be the most interesting equation in the Colbert candidacy would be which political calculations need come into play to determine a distinction between acting and lying. One could say that they are the same thing, and that a good actor and a good politician are at least two peas from the same pod- both are there to tend to an illusion of their own creation. Having tipped his hand at the correspondents dinner, it’s hard to believe that the Republican right would tolerate the Colbert charade for more than one primary vote count embarrassment.

Some might say that, at the moment, a bit of levity in the political landscape would be just what the doctor ordered, while others might insist that American politics is already much more of a joke than should be acceptable. Some might say that campaigning and winning on a set of beliefs and ideals that turn out to be contrary to your ultimate actions is nothing short of a breach of trust, while others might point out that the current administration is providing just such a precedent. As a reminder of the hope that was, and as a way to still fulfill my column to video promise, I offer a piece I put together after the O-Space election night extravaganza a little over three years ago. There are many parts I’d do differently now- what I’d like to know is, would Jesse Jackson still be as emotional, regardless of the historical significance, if he knew how it would play itself out not so very much further on down the line?

On the Youtubes: <http://www.youtube.com/watch?v=tSsgBYstoL8>

### Vashon January Anti-inflammatory Diet Classes

By Kathy Abascal

Recover from the holidays and start the year off right by eating to quite inflammation. Come, learn and experience how feeding your good microbes immediately begins to quiet your aches and pains. Experience how avoiding food triggers allows your excess weight to begin to melt away. Experience what White Bear Woman described: “My vertigo is really gone. I have lost 23 pounds in less than five weeks and I am off my chronic pain meds after 8 years. The results on my cholesterol levels were stunning.”



Two Vashon classes and two live online classes to choose from: On-island Tuesday or Saturday mornings; online Tuesday evening or Sunday afternoon. Come experience how eating to quiet inflammation can dramatically improve improve how you look and feel.

Advance registration at [www.TQIDiet.com](http://www.TQIDiet.com) is required.



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Reptet

January 28, 9pm  
Cordaviva

February 4, 9pm  
The Garth Reeves Band

February 10, 9pm  
The Theoretics

## Next Edition of The Loop Comes out Thursday February 2

Deadline for the next  
edition of *The Loop* is  
Friday, January 27

The Island's Business Center

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# Kéetla Kookéenaa

By Orca Annie Stateler,  
VHP Coordinator

On January 14, 2002, VHP associate Mark Sears investigated a report from a ferry crewmember about a small, lone cetacean lingering at the North End ferry dock. Mark expected to find Foster, the solo pseudorca or False Killer Whale, who several years earlier cavorted around the triangle run docks for about a month. Foster had an affinity for ferries, tugs, and barges.

With incredulity in his voice, Mark called to tell us, “You are not going to believe this, but there’s a little orca calf all alone at the Vashon dock.” Thus commenced what may prove to be the most remarkable interval in our decades of killer whale conservation work: the time when Kéetla/Boo/Springer came to visit. For six months, Mark, Odin and I served as orca nannies to our enchanting delphinid guest (orcas are the largest member of the dolphin family, Delphinidae.) An orca barely two years old chose the waters between Vashon and Mark’s house at Lincoln Park as her temporary home. She was intensely curious about Mark in his yellow research boat. We logged countless hours observing her and trying to protect her from unsavory influences.

To many Coastal Native people, a killer whale appearing near your village is a momentous sign. That Kéet is a messenger – a Kookéenaa – or a relative, perhaps an ancestor’s spirit. Odin and I wanted to learn all we could from the little messenger. She offered us unparalleled, intimate insights into her killer whale culture. We gave her a Tlingit name: Kéetla.

When she arrived at Vashon, the wee waif was underweight and had several serious health problems, including a scuzzy skin condition called killer whale pox that obscured her saddle patch. Her Western science identity was a mystery for weeks while researchers in the US and Canada worked on verifying who she was. Recordings of her vocalizations revealed that she was Northern Resident A73 (Springer), the orphan calf of A45 (Sutlej) who died in the summer of 2001. After her mom died, Springer traveled briefly with G Pod whales – intriguing in that Springer “speaks” A Clan dialect and the G Pod matriline “speak” G Clan dialect.

No one knows for certain how Baby Orphan Orca or Boo, the ferry workers’ name for Springer, wandered alone into central Puget Sound, hundreds of miles from her home range. Somehow, she separated from her G Pod companions, possibly when they ventured down the Pacific coast toward Oregon. Of



course, numerous researchers and marine mammal vets in boats came to check out the exotic visitor. A lone orca calf is exceedingly unusual. Tsu’xiit (Luna) in Nootka Sound is the only other recent example, and he was not an orphan.

To say Kéetla-Boo endeared herself to Vashonites is an understatement. A short list of how Springer inspired Islanders’ creativity includes a quilt, a children’s book, a puppet show, a carved mask, and Odin’s killer whale panel on display at the Seattle Aquarium. Springer was attracted to our ferries, particularly the Evergreen State, and the dolphins at the southernmost slip. She was often visible from the restaurant deck at La Playa. Sometimes she followed ferries part of the way to Fauntleroy. For six months, we had “the most interesting commute in America,” as one NBC news reporter put it.

Kéetla quickly became a celebrity and a gold rush mentality developed around

her. All sorts of media, opportunists, and stalkerazzi flocked to Vashon to get a piece of our esteemed guest. Lonely Boo sought attention from humans in boats, and some ill-mannered boaters recklessly encouraged this behavior. We were enormously concerned for her safety and long-term well-being. Like overprotective parents, we yelled at boaters from the ferry dock when they got too close to Springer.

Vashon gets short shrift in most accounts of Springer’s saga because people who did not know her and did not live here with her wrote them. In future articles, I will write more about Kéetla’s excellent adventure, from Vashon to Dong Chong Bay, BC.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Reporting directly to the VHP sustains an ongoing, accurate dataset of whale sightings for Vashon-Maury and Central Puget Sound waters, initiated three decades ago by researcher Mark Sears. Call the VHP about seal pups as well as dead, injured, or sick marine mammals on Island beaches. Check for updates at [www.Vashonorcas.org](http://www.Vashonorcas.org) and send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).



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# VFW Essays Results

The Veterans of Foreign Wars (VFW) District 2 Judges evaluated student Essays from Vashon Island and Seattle Schools and awarded the winning students certificates and cash at the District 2 Youth Essay Awards meeting in Seattle on Saturday, January 7, 2012.

The following students, from the noted Vashon Schools, were given awards: The Chautauqua Elementary, 5th Grade – Jacob Chavez, 2nd Place; The Harbor, 6th Grade – Kieran Enzian, 2nd Place; The McMurray Middle, 7th Grades – Ross Wheeler, 1st Place and 8th Grades - Abigail Rose Eades, 1st Place. Only one of our entries, to the District 2 contest, did not receive a 1st, 2nd or 3rd place winner award.

We did exceptionally well against the schools in Seattle. The Students on Vashon Island were involved in the VFW Washington State Youth Essay Program, 3rd through 5th Grades and the VFW National Patriots’ Pen Program, 6th through 8th Grades. VFW District 2 gave awards to each grade in each category and sent their first place winner to State for evaluation for the Washington State Program, but only one essay was forwarded to Washington State, for the Patriots’ Pen Program. Ross Wheeler’s essay was forwarded for the Patriots’ Pen evaluation at the Washington State Level. If Ross wins the Washington State competition, he would receive an all expense paid trip for Ross plus one to Washington DC and a possible \$10,000 Bond. Forty six bonds are giving, with \$1,000 being the smallest.

We had no Essay from a High School Student, this year, but the Voice of Democracy Contest provides the following, for the best High School essay and audio recording at the National Level: An all expense paid trip to Washington DC and a possible scholarship, to your chosen college, of \$30,000. The VFW Vashon Post 2826 received one hundred and fifteen essay this year and every student that participated is a winner. We are very proud of each and every one of the students, but we are also proud of you Family Members , the Teachers and the School Administrators and the many volunteers from the Vashon Community that provide the essay judges and support needed to conduct these programs.

We believe that our VFW programs help to make our leaders of tomorrow, better qualified to do their awesome tasks. You are all Loved and Respected.

Olde John Croan  
Chairman of the VFW Youth Essay Program

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**Aries (March 20-April 19)**  
In truth, it's all a family affair. The ridiculous standards we put on our happiness, our mental habits, our eating habits -- all have their origins in our family. When you strive to change any of these things, you're actually going against your ancestral pattern. Remember this as you improve many aspects of your everyday life. Remember, too, that as you change seemingly personal things, like what you eat, you're engaging with a deeper emotional layer, and making the changes might come with the feeling of 'betraying' the people who gave you the habits you're trying so diligently to change -- and as the Bible tells us in one of its more astute moments, you cannot serve two masters. I suggest you be ready to engage with the patterns underlying whatever ordinary kinds of things you want to change. What you eat or going to the gym in that case could amount to authentic therapy.

**Taurus (April 19-May 20)**  
One of the most deeply ingrained patterns involves sex and -- more significantly -- how we think about sex. Mars making its retrograde in the angle of your chart associated with pleasure and experimentation is also involved in the Virgo dimension. If you're looking for why, so often you have to think about whether you're going to think about something, rather than just trying it as an experiment -- look no further. There's something for you in Mars retrograde about being comfortable with taking risks, and most of those risks involve how you think of yourself as a sexual being. Many people spend their lives seemingly trying to impress others with their purity, which is another way of saying with their hangups. There's an old expression: free your ass and your mind will follow. Or is it really free your mind and your ass will follow? Actually, you can do both at once.

**Gemini (May 20-June 21)**  
The issue of whether you feel safe on the planet is the essence of the forthcoming Mars retrograde for you. In our time of history, when it's impossible to feel too threatened and when there's no such thing as a long enough password, and when (as The Onion put it recently) 98% of Americans are afraid of 98% of Americans, feeling safe is an act of faith. Fortunately, that's the very door that's opening for you right now. Ultimately, all the reasons you can give yourself for not thinking you have enough, or contemplating all that could go wrong if you take action, or all the seemingly external pressure you're under, add up to very little. You will end up trusting your situation because you don't have any other choice. Now, if you can work backwards from there, you will see that you have more reasons to trust what is actually true than to trust your anxiety, which only misleads you.

**Cancer (June 21-July 22)**  
You may be concerned that if you want to renegotiate a partnership situation, you'll be giving up the whole thing. Whether this is true, or whether it's an idea you have, amounts to the same thing -- a feeling that you have that could influence how you make an important choice in a partnership. I suggest you look at your history and see if you can find parallel moments, or one parallel moment, where you encountered a loss because you wanted to make a change, that would be helpful. Yet there seems to be something else going on: your need to let the past go. That this is easier said than done is not news to anyone, but discovering why it's so challenging would qualify as an actual breakthrough. Here is a clue: What we call letting the past go involves two parts: one

is reckoning with what happened, and the second part is embarking on something else. Which is harder for you?

**Leo (July 22-Aug. 23)**  
In a few days there will be a New Moon in your opposite sign Aquarius. This event is a reminder that you need to include more of you in your life. If you follow the teachings of Jell-o pudding, you can declare it "me o'clock" and have "time to yourself." Yet the actual challenge seems to be about seeing every aspect of your life as something where you not only should be included but to which you are in fact integral. At the moment, however, this involves a lot of other people. When you've integrated yourself in that integral way, you may wonder what is left: what time, what space, what freedom to choose. I can tell you one thing from your astrology -- you're looking at the world with a blind spot in your vision. When that shifts, which it's about to do, you will see that your involvements hold the key to your freedom. Yet there will be an art to seeing just how that works.

**Virgo (Aug. 23-Sep. 22)**  
Mars stations retrograde in Virgo on Monday, which is a somewhat famous event in the astrology of our lifetimes. There hasn't been an all-Virgo Mars retrograde since 1965, and it was an extremely eventful time in history. For you this phase, lasting through April, is a review of how you handle your will; said another way, it's a question of what you do with your strength. One thing this retrograde seems poised to teach you about is the ways in which you use your power against yourself (and what to do about it). Another turning point involves how you might go about correcting something within yourself that you've identified as having outdone its use. One thing I would suggest is that you're not alone. One mode of self-improvement is the "fix yourself" model. Another is the "look to a trusted example" method. Exemplars are never 100% pure positive examples; often they present a mix of what you want and what you don't want. But there is someone in your life who understands your situation better than you do, mainly due to their experience and perspective.

**Libra (Sep. 22-Oct. 23)**  
It's time to notice the relationship between vulnerability and anxiety. For many people who strive to be whole, loving and authentic, this is the very thing they stumble over. Currently the planets are arranged in such a way to illustrate a certain point -- that point being that anxiety is one thing and vulnerability is another. They seem to be more closely related than they are, and if there is a relationship, it's not cause and effect. More often it's circumstantial: fear and openness happen in similar times and places, though for different reasons. Try to see each of these things as its own entity. You will learn about your fear if you consider the nature and causes of that emotion; you will learn about how to be open, and how to handle yourself when you're vulnerable, by exploring that sensation. If you confuse them or think of them as one experience, you're likely to miss learning benefits -- and the pleasure that comes with a bit of emotional freedom.

**Scorpio (Oct. 23-Nov. 22)**  
You think people are a lot harsher toward you than they actually are. I mean, I'm not there; I'm just reading your astrology, and I've known a few Scorpions here and there. It seems that you might project a certain 'critical factor' onto your friends, assuming that you're being judged or scrutinized when this

is not true. I suggest you test the theory in a somewhat oblique way, which is to be encouraging of everyone around you. Affirm what they want, what they do and what they accomplish. You don't have to be sugary about this -- saying yes, and taking opportunities to lend your actual, physical, material support, will teach you a lot. I am suggesting that you personally take action to reverse the dynamic that you may perceive in your environment. Notice when you give support or affirmation and when you withhold it. Notice the role that jealousy plays in your interactions with others. Most of all, notice how *good it feels to say yes*.


**Sagittarius (Nov. 22-Dec. 22)**  
Does it matter what the boss thinks? No -- if you set your own standard of excellence. Speaking as a boss, I can tell you that's the one thing I'm looking for in the people who work for me: self-regulated quality control, and clear internal motivation to grow and improve. If you fire up those qualities in yourself, and find your own reasons for being motivated to do good work, you will set yourself free from a whole bunch of external bossiness in your life. Pay attention to the details of what you're doing, and notice the implications of decisions you make and you will find yourself enjoying some actual autonomy. Unless, that is, you work for a petty tyrant -- in which case you might just need to cut yourself loose from that situation sometime during the next three months. One thing I suggest you not do during that time is attempt to be in charge of anyone but yourself. That comes later.

**Capricorn (Dec. 22-Jan. 20)**  
Many religions feel that if you're a good person, God rewards you with wealth. I'm wondering how you feel about that theory, and related issues, like how many patently evil people have so much. My theory is that financial success involves two things: one is how you feel about yourself, and the other is motivation. Now, many people feel positively horrid about themselves and make a lot of cash -- I don't count that as success. Your astrology is encouraging you to work out a meaning of success that includes faith in yourself and faith in something beyond yourself. However, I suggest you take them in that order, and do everything you can to withdraw energy from the expectations of others -- especially your parents. In case you're in a religious mood, every time you think of the concept God or spirit, insert your parents into the equation and see how it adds up.

**Aquarius (Jan. 20-Feb. 19)**  
Monday's New Moon in your birth sign commences the Year of the Dragon. More specifically, it's the year of the Water Dragon, a yin manifestation of bold, brash (and lucky) Dragon energy. This is the perfect image of Aquarius, the sign of the water-bearer. Yours is a masculine sign associated with a feminine substance. The blend for you is about asserting yourself, and taking chances, and depending on your popularity, and pushing your luck -- in that distinctly Dragon way. Yet the way to do this best, with the Water Dragon as your mascot this year, is to hold feminine energy at your core. This is possible for both men and women -- this is a matter of energy and not of sex. No matter how bold or cocky you are, stay open and receptive. No matter how lucky you are, be grateful. No matter how much you want someone or something, be open to it wanting you.

**Pisces (Feb. 19-March 20)**  
Most of the action in the sky right now (most, not all) involves your sign and your opposite sign Virgo. This is a study in you and your relationships. Mars in your opposite sign is turning up the contrast in your experiences. Lately everything has seemed to be in greater relief, with brighter light and darker shadows. At the same time, Venus and Chiron are in your

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sign, heightening your self-awareness. For the next few months you get to work out the details of your relationships. You get to see where the tense points are, and better still, you will have the opportunity -- and the skill -- to do something about them. The key will be seeing the origin of any relationship experience as being the extension of an inner dynamic. I am not saying 'blame yourself' but rather notice how you might contribute, or how a personality you have might lead you to respond a certain way. You will see the solutions within yourself -- and benefit greatly from that discovery.

Read Eric Francis daily at  
[www.PlanetWaves.net](http://www.PlanetWaves.net).



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## A Correction, followed by a Brief Musing on Queen Anne Hill, the Love Family and the Brevity of Youth

by Mary Tuel

First, an apology & correction: In a classic slip of the mind in my last essay, I said that my friend Becky grew up in the Madrona neighborhood of Seattle. This prompted a LARGE FONT email from her saying that she grew up in MAGNOLIA, not Madrona, and she was proud of her neighborhood.

I am sorry. I meant Magnolia. I don't know why my brain picked another neighborhood that started with "M" instead of Magnolia, but let us be clear, Becky grew up in Magnolia and nowhere else. And she went to high school at Queen Anne High.

Which may be why I got to thinking about Queen Anne. The south hillside of Queen Anne Hill has incredible views of Seattle and beyond, all the way to Mt. Rainier, with the Space Needle in the foreground. For years I thought that Queen Anne was merely an apartment-infested place where people who work downtown made their homes.

Then one day when my older son was in his teens I took him to visit a friend who was staying in the home of his divorced father, and that home was located on top of Queen Anne Hill. We chugged up the brutal incline which is laughingly called "Queen Anne Avenue North," implying that it is a street designed to be used by motor vehicles. At the time of this story I had a VW van, so making it to the top of the

hill was not a sure thing. That van had a certain hippie charm, but it did not have horsepower. Still, the miracle happened and we made it.

Once up on top, I was astounded to find myself in this apparently autonomous little town. Stores, people, schools, churches. Once you get up that hill, you might never have to leave, which is not a bad idea considering what it takes to get up there.

The divorced father told me that his house had formerly belonged to the Love Family. Remember the Love Family? The Love Family, or Church of Jesus Christ at Armageddon, was a group (some say cult) of people who formed around a charismatic leader named Paul Erdman who called himself Love Israel. When you joined you gave the family all your worldly goods to be shared in common, and you were given a new first name based on some characteristic of your nature.

The family prospered, supporting itself through work (chiefly construction and landscaping) as well as the donations of new members. The group bought many houses on Queen Anne to form a family compound – this was starting in 1968, and houses in Seattle were cheap then.

The Love Family eventually broke up with many hurt feelings, lawsuits, and allegations of financial corruption and drug use. This is a common outcome for religious groups that form around one charismatic leader. Where great wealth is accumulated, there will be people attracted to the control and use of great wealth.

The properties on Queen Anne were sold, and a ranch up in Arlington went into foreclosure in 1994. The Love Family still exists, as a small group living in the Bothell area. They made mistakes, they did some good. It's a human story.

Queen Anne is still that autonomous neighborhood, a small town on top of the hill where you can forget that Seattle is so nearby. The Love Family was a little blip in Seattle's history, now almost gone.

A little blip in my history, too, from that time when we all had long hair and wanted to be natural and get back to the country and had enough energy to cut firewood all winter long. Ah, youth. I miss the energy, and the naïve optimism. I don't miss the VW van. It took me to the poorhouse faster than it took me any place else.



In the photo that accompanies the Wikipedia article about the Love Family, members of the Love Family perform at the 65th Anniversary Celebration of Pike Place Market, 1972. From left to right, Strength Israel, Zeal Israel, Courage Israel, Reality Israel, Integrity Israel, and Encouragement Israel. Photo from Seattle Municipal Archives

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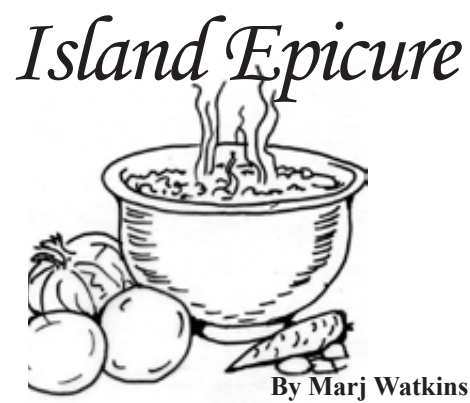
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By Marj Watkins

Would you be heart-healthy?

Keep moving, then. Our bodies were made for motion, not for sitting in front of a computer or TV screen for hours at a time. What you eat matters a lot, too. Choose raw or lightly cooked vegetables, and fresh or frozen vegetables and fruits instead of canned. Choose fruits for your desserts. Consider red berries and blueberries. They’re anti-cancer food, as well as anti-inflammatory.

Limit fats, especially saturated fat. You need some saturated fat to provide “skin” for your brain cells. Just keep in mind that every tablespoon of pure fat or oil has 117 to 124 calories.

Some fats, especially that in seafoods, promote a healthy heart. Tuna and salmon give you omega-3s. Tuna is also high in Vitamins B6 and B12. Vitamin B6 keeps your nerves functioning well. It’s recommended both to prevent carpal tunnel syndrome and to remedy it. Vitamin B12 gives you energy, helps iron function better in our bodies, and helps folate to synthesize Choline for cell membrane integrity.

Food scientists note as especially heart-healthy these protein foods: almonds, peanuts and peanut butter, pork loin, turkey breast, wild salmon for omega-3 fats (only 120 calories in a 3-ounce serving vs. 160 calories in farm-raised salmon), sardines for another omega-3 source, pork loin as the leanest cut of pork. If you don’t eat pork, or any meat, and don’t like fish, no worries; walnuts also provide both 4 grams of protein per ¼ cup, and some omega-3 fat and folate. Olive oil contains some omega-3 fat, too. Canola oil claims it, but it isn’t a useful kind of omega-3.

White fish, i.e. flounder, cod, and

sole, are good seafood choices, offering almost 1/3 of your daily protein needs per 3-ounce serving, with only 68 calories unless you bread and fry it. Try poaching, baking or broiling, or make fish chowder.

So how does all that information apply to using these protein sources in a meal? Try a tuna and pea curry, and a Waldorf salad of diced apple, celery, and chopped walnuts on a bed of shredded green or red leafy lettuce. You may already have the ingredients in your pantry, refrigerator, and freezer. If there’s snow on the Islands rural roads and if you live on one you’ll be glad you stocked your pantry and freezer.

FISH AND PEA CURRY  
4 servings

2 (5-ounce) cans chunk tuna packed in water or 1 pound cod cut in 1-inch cubes

2 Tablespoons butter (another omega-3 source)

4 small or 3 larger russet potatoes, thinly peeled and cubed

2 cups frozen peas

2 cups whole milk or ½ and ½ cream

Juice of 1 lemon

2 teaspoons curry powder, or to taste

Dill weed, salt, and pepper

Start potatoes boiling in just enough water to cover. Set timer for 15 minutes.

Heat butter in a large skillet. Start cod cooking in skillet Sprinkle with dill weed, salt, and pepper. Reduce heat, cover. Cook 5 minutes. Transfer to casserole.

Add peas to potatoes for their last 5 minutes of cooking. Most of the water will have boiled away; if not, drain them, keeping the nutrient-rich water for a later soup Label and date it. Use in 4 days or less.

In skillet you cooked the cod in, heat the milk or cream. Thicken with:

2 Tablespoons rice flour mixed with 2 teaspoons curry powder

¼ cup milk or cream

salt and pepper to taste

As the mixture thickens, and while stirring, add the remaining milk or cream

Test potatoes for doneness. When done, drain and combine potatoes and peas with the cod and the sauce. Garnish with minced parsley if desired.

A Visit to Shanghai

by Biffle French, National Rodeo Correspondent to The Loop

We arrive at Shanghai late at night after a stopover at Seoul and after the crowds have left the airport for the day. Like much of the city , the airport is new and efficient, and everything works, including the people. No one speaks English, so one needs a good plan if one doesn’t speak Mandarin or Shanghainese. (For example, I planned ahead by marrying a Chinese.) We board a cab and drive through the cold mist and brilliant neon lights for an hour to arrive at our hotel on the Bund. The Bund

other foreigners because I find most of them to be Russians and Europeans. Shanghainese often greet me in English: “Hello!”, with a surprised smile, just in passing. Neither of us slows, caught in the human traffic, watching for danger from the road.

And there is danger from the road: constant, dreadful danger The rules are very different and I haven’t learned them all yet. Here are some unexpected traffic laws that I figured out from observation:

A motor scooter always has right of way, even on the sidewalk.

Right turn always has right of way



is a riverside quay where the invading British built their concession buildings – Londonesque Victorian banks, customs houses and company houses. There we find our new hotel with beautiful rooms and a close up view of the Huangpu river. The staff are kind, friendly, and English speaking. The other guests are darkly private, formally attired and speak French in whispers. They refuse eye contact and ignore greetings. Breakfast is a choice of English cooked or Chinese. We are in China, so we have the congee and leave the eggs and bacon for our next trip to Sporty’s.

If safe and clean is your ideal city, then Shanghai is the place. There is a guard on every corner and two street cleaners in between. Of course, you still find the occasional pile of puke or dogshit, but it’s comforting to know that someone is coming soon to deal with it. The wife has gone to another city, so I am alone with my sad Rosetta Stone Mandarin, my Pleco app and a laminated map of the city center, which I immediately lose. I decide to walk until my cowboy boots hurt really bad, which usually takes a few hours. I head toward the famous Shanghai museum, taking the long way ‘round.

The streets are organized into commercial districts in a pattern that’s unfamiliar to me. For three blocks every store is a music store. One has pianos, another cellos and violins. I see stores with racks of erhu, pipa and zheng, the traditional Chinese instruments. There are also Fender and Gibson, Ludwig and others. It’s a bazaar of music stores, arranged as one mom-and-pop after another. Next come office supplies with tiny, crowded pen and brush stores, paper and printers, then the beauty supply stores, one after another. This one has makeup brushes, that one creams and powders. I pass the garment district with its button shops, silk stores, racks of scarves and bolts of cloth. Shanghai is a paradise for the curious thrifty shopper.

People see a foreigner and some are compelled to speak. Shanghainese seem to assume that I am an American, but I personally never speak to the

even when WALK light is on.

Crossing on red is often safer than on green, but still very dangerous.

A motor scooter is exempted from red light law.

A motor scooter is exempted from one way traffic (except when they’re not, then they use the sidewalk.)

The Shanghai Museum is full of 4,000 years of Chinese treasures. It is new and clean and cameras are allowed. The lobby is full of French schoolgirls and Japanese schoolboys, neither seeming to notice the other. One wonders how that can be. There are lots of foreigners here, including some Americans.

As I walk back to the hotel I find myself on a street that is decorated with Chinese lanterns. There are thousands of large red lanterns trimmed in gold, and people are carrying small ones everywhere. I later discover that it is the weekend of the Lantern Festival. That night the streets are full of lanterns and the Bund walk is a parade of people who are dressed for the festival. There are toddlers and teenage girls, parents and grandparents. They are beautiful and cheerful as they laugh and smile, never noticing the foreigner still pacing the Shanghai night in his painful cowboy boots.

In the morning I greet the dawn on the Bund. The kite men are readying their colorful kites for the morning flying, the runners and fast walkers arrive to start their regimen and the Tai Chi crowd are practicing their art with varying degrees of dancer’s elegance and athletic skill. A couple of middle-aged women are cleaning the walk, dressed in their municipal uniforms. “May I take your photo?” I ask, in my broken Mandarin. “Keyi!” comes back. “Hell yeah!” They pose and wave, flashing big grins, flattered and excited that a foreigner noticed them and thought to take their memory back to the meiguo. It is my last morning. I am leaving for Ningbo and the giant golden Buddha.

Biffle French is an author, photographer, wood artist and the National Rodeo Correspondent for The Loop.





# Positively Speaking

## Can the Kids Have a Win?

By Deborah H. Anderson



bitterness and resentment like the war was still on.

The next morning didn’t start any better. I felt like I had been dropped into a 1960’s time capsule and we were all fresh off the line from being hosed by the police.

I finally raised my hand and asked if we were going to look at the younger generation. The speaker allowed as how we covered that last night in the survey.

That wasn’t what I meant. I mean the fact that Chris Rock forever blended our cultures in telling the truth about women’s hair in his movie. We now all know that what we have in common is... nobody likes their hair. Black women straighten and weave. White women change the color. Across the board with no government funding we were declared equal.

I told how we need to look at the lives of our children and how they live. It’s their world, not ours anymore. Our history is important to tell so it doesn’t every happen again, but nowadays, the kids are intermarrying, no policeman is going to get away with brutality without it being captured on a cell phone, and we need to build on the progress. We need to help them build on the progress.

Another poem followed with all the racial slurs you could hope to hear performed by a Greek chorus. Only one was left out, Honky. See, the kids added Honky.

At that point I stood up and made my declaration and exited. It was a wise move.

I know where of I speak. Fifteen years I had a terrible wrong, several terrible wrongs, done to me out of malicious envy and fear. I didn’t put up much of a fight. I turned to more positive advances. I watched all of the people who had hurt me and my family either die or experience terrible tragedies. Vengeance was not on my agenda and sure enough a brighter day appeared and I learned that people with hate in the hearts always die at the hands of that hate. Their bodies just do them in. So too, it is time for us who watched the world change, start building on that change.

The rest of the day was wonderful. I came back to the Island in time to sit with the knitting group at lunch; an incredible diverse group of women in cultural origins and political opinions. I went to hear the young Asian American writer talk about her book at the library, and then I went to see a matinee of “J Edgar” at the theatre and saw again how fear and the inability to deal with one’s pain leads to horrific consequences.

Overcome evil with good. That’s the lesson we need to start embracing. Let’s give the kids a win on this one.

Love,  
Deborah



I rose from my chair and said to the group at the table, “I’m really sorry. I have to leave this conference right now or I’m going to wreck it.” and embarrass myself horribly at the same time I thought to myself.

I had white knuckled my way through the opening night. At first I thought maybe it was just because it was a Seattle event. Close to twenty years on the Island has given me the softness that comes with not having to bang the drum very loudly to be heard. For us transplants it’s a process. At first we have that edge and energy of laser like focus in projecting our agendas. Once we discover we are sharing our ideas with the same person we unload our recycling next to or whose kid we coach on basketball or the alto we sing just above in chorale we let our death grip on determination loosen a bit.

Overtown, at this conference on learning to live in racial unity, not harmony, unity, I knew I was going to lose my grip on Island softness pretty early into the game.

We were all enamored of the little clickers placed in our hands that allow us to instantly see graphs of who earns what income, who holds conservative or liberal political beliefs or how much education we have, or children, or what art activities we enjoy for entertainment and relaxation. Gone is the ancient raising of hands so the speaker can get a feel for his or her audience. No, we immediately see up there on that power point the makeup of our collective individual lives.

But the back row couldn’t get past the question ‘which gender do you identify with male or female,’ and so we spent a significant amount of time getting to ‘gender non conforming’ and then the gray haired lady with the classic sports clothes stood up and said timidly ‘white is a color too’ as we look at the list of ‘white, non Hispanic’ which I have never understood. At that point I wanted to stand and respond, “color theory says’ white is actually the absence of color’ but thought better. The elderly gentleman who arrived next to me one hour into the presentation was , of course, one of the first to have an opinion based on times that had passed at least thirty years ago. And when the two ladies on opposite sides of the sanctuary shared with genuine emotion about their visit to the Holocaust museum in Israel, and the old African American civil rights leader shared that he thought the prisons on the East coast of Africa were worse, where slaves were held for shipment to the parts West for what we all knew was one of the most horrible chapters in human history , completely negating the sharing the two woman had done, but neglecting to mention that the captors were, in fact, African Americans themselves, I knew the ship was sinking fast for me.

The point had been to set our own agendas aside and see where we could stand in unity. It just wasn’t going to happen. People were hanging onto

on happiness and long life from “The Warmth of Other Suns” (p532.) “She lived in the moment , surrendered to whatever the day presented, and remained her true, original self. Her success was spiritual, perhaps the hardest of all to achieve. And because of that she was the happiest and lived the longest of them all.”

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Next Loop comes out February 2



# Mychael Shane ~ Student and Teacher of the Ascended Masters

Ascended Master Jesus once said, “The best way to learn something is to teach it.” For Mychael Shane, a transphysical phenomena medium, this quote has been the pillar of his existence. Born into a spiritualist family and community, he was destined into a life where he would walk side by side with the Ascended Masters. As a child, he was mentored by a well-known gifted medium. It was during this time he became acquainted with his beloved Spirit Guide and the Ascended Master, Lady Nada (who he endearingly named “Bobi”).



In the early 1990’s, Mychael

was faced with a need for deep personal healing, which lead him into a series of past life

regression. From there he embarked upon the path of spiritual training to attune to and grow his mediumship and healing abilities, as well as, strengthen his connection to the Ascended Masters. As part of his progressing development, Mychael was bestowed the modality of Crystal Light Energy Healing, taught to him by Master Lord Buddha.

Mychael has spent the last 19 years connecting with the Ascended Masters to extend their knowledge, principles, healing and light. He and the Ascension Foundation are excited to bring this vibration

and connection to Vashon, so individuals can share in the experience of light, love and truth – that which we need as we sit on the cusp of this new age of consciousness and existence. In partnering with Vashon Intuitive Arts (VIA), there is an opportunity to co-create a community where individuals can connect with their own inner teacher and truth.

We welcome you to explore more about Mychael and the teachings of the Ascended Masters. He will be working closely with VIA to offer classes, workshops and events intended for the knowledge, healing

and love from the Ascended Masters. Please visit [www. MychaelShane.com](http://www.MychaelShane.com) and [www. VashonIntuitiveArts.com](http://www.VashonIntuitiveArts.com) to learn more and for up-coming events.

January Class and Event Schedule at VIA:

- Ascended Master Study Phase I: begins January 22, 2012 1:00 – 3:00 PM, \$55.00 per month per person
- 2012 & Embracing the Feminine Age: Billets Event with Mychael Shane Saturday, January 28, 2012 Doors open at 6:30 PM, \$45.00 per person

## Road to Resilience

Continued from Page 1

household likes to eat.

A three-day supply of food and water is a bare minimum and fairly easily acquired and stored. There is an art to putting together and managing a 3-month supply of food and water. How much do we need? What should we stock up on? What storage requirements do different foods have? How do we use and restock so that nothing exceeds its shelf life?

Luckily for us, the Vashon Food Security Group is hosting a series of three workshops to instruct us on the basics of home emergency food storage,

The first session, Emergency Preparedness, will be this Saturday, Jan. 21, 10-noon, presented by Cathy Fulton. You will learn how to make a 72-hour food kit to feed your family in all types of emergencies.

The next session, Three Month Food Supply Basics, will be two weeks later, Feb. 4, 10-noon, presented by Gene Kuhns, former emergency preparedness specialist for the Mormon Church (The Mormons have long advocated and practiced long term food security). At this session, you will learn: how to determine how much of the foods your family eats need to be on hand, how much water do you need and how to store it, how to rotate through and replace your stock. You should come away with the ability to start planning and stocking your own long term custom supply of food for your household with the ability to help your neighbor as well.

The third session, Keep The Process Going, will be two weeks later, Feb. 18, 10-noon, presented by my wife, Elizabeth Sullivan. Here, you will learn how to start laying away extra food on a tight budget, habits for keeping your pantry needs in mind when you shop, stocking up during sales, and learning to eat out of your pantry, perhaps, some about keeping and using fresh foods. Together you’ll plug into a spreadsheet a few of one family’s favorite recipes to come up with a tentative storage plan. There will be a presentation by Minglement on bulk purchases.

There will be a \$20 fee per household for all three sessions; further details and locations for the sessions will be given as you register. Please register in advance: [cathy@ MariposaGardens.org](mailto:cathy@MariposaGardens.org) or 463 5652

There will be a bonus session that will be free for everyone on Ready-made Long -term Food Stores, on Feb 11, 10-noon at the Land Trust Building. Shelf Reliance Foods will be presenting their line of freeze dried foods with a shelf life of up to 25-30 years. You will have an opportunity to taste their products and to purchase them.

Maybe the next time you get snowed in, you can leave your slippers on and know that you are going to eat well.

Comments?  
[terry@vashonloop.com](mailto:terry@vashonloop.com)

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## The Feildhands



The Fieldhands is a mix of Vashon Island talent playing mostly original music. Jon Whalen on lead vocals and guitar, sharing the singer/songwriting duties with Dorsey Davis on bass. Simon Martin, who also plays with Vince Martinez and the Great Blue Yonder in and around Seattle, holds down the rhythm sections. They are accompanied by lead-guitarist Richard Lipke, of Subconscious Population fame. Their original music in the Americana and power-pop styles ranges from folk-rock and blues to countrified ballads.

This is an all-ages show 'til 11pm, then 21+ after that.  
Saturday, February 11, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

**Compost the Loop**  
*The Loop's soy-based ink  
is good for composting.*

## Jim Malcolm Comes to Vashon

*Continued from Page 1*

are either entirely original or were built by him around some ancient fragment of text, a poem or melody.

His career highlight of 2011 was to perform his own songs Lochanside and Battle of Waterloo with the Royal Scottish National Orchestra at a sold-out concert in Glasgow's Royal Concert Hall, a great honour and pleasure.

The list of artists who have performed and recorded his work is steadily growing, but includes Kate Rusby with The Poozies, Beppe Gambetta from Italy, Uiscedwr, The McCalmans, Alyth McCormack, North Sea Gas and Tich Frier. In 2004 he was voted songwriter of the year at the annual Scots Trad Music Awards and to date he is the most nominated Scots singer for the Scots Singer of the Year Award, having been nominated three times.

Alongside his original

work, Jim has recorded a great many Scottish songs, from early ballads through Burns and Tannahill to William Soutar and his great hero Jim Reid. He enjoys reworking old songs that form the kernel of Scotland's great folk tradition.

Jim has taken time from his US tour to come and visit Vashon, again. He has made this venue a "must do" stopover, and has delighted his audience every time with his music, wit and charm.

The concert will be on the 12th of February at 3pm. The cost of this will be \$20 per person, which includes a small selection of appetizers served at the break. Wine will be on sale from one of our local wineries.

There is limited seating, so if you want to make sure you can get in, send a check to Wally Bell @ 11539 104th PL SW, Vashon, 98070, or call him on 206 408 7414 for more details.

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# Drama Dock Youth Theater Initiative's All Night Strut: A Jumpin' Jivin' Jam

Nineteen students 11 to 18 years came ready to sing, act and dance for the auditions for Drama Dock Youth Theatre Initiative's production of "All Night Strut: A Jumpin' Jivin' Jam", a musical revue of the '30s and '40's on Nov 7, at McMurray Middle School's MPR (aka the lunchroom). Everyone who auditioned was cast in the show. Elise Ericksen, Choreographer, and Pam Hotchkiss, Dance Captain/Director's Assistant, took them through two fast-paced days learning swing, jazz, modern, even mambo and samba dances.

At the third rehearsal, each student there chose a '40's style costume, including one "fighter pilot", guys in suits and ties with fedoras, numerous dressy '40's style party dresses for the females, complete with hats and stoles for a photo shoot, with guidance from Costume Mentor Lieschan Lopuszynski and Assistant Kamela Trujillo. During upcoming rehearsals, students will add their own dance steps, develop their own characters and vocal parts, and help prepare the lights, sound, props, posters and programs.

"All Night Strut! A Jumpin' Jivin' Jam" (aka ANSJJJ), will be presented



Salena Biro, Abigail DeGraaf, Ian DeGraaf, Grace Derrer, Hannah Fellbaum, Maria Gilmour, Emma Greenlee, Chelsea Griffith, , Sarah Hotchkiss, Alivia Jones, Jessica Klein, Max Lopuszynski, Roman Marquez-Twisdale, Keanu Roush, Victoria Trujillo.

through special arrangement with Musical Theater International (MTI) , and was conceived by Aaron and Marc Robin, based on "The All Night Strut" by Fran Charnas, with new musical arrangements by Richard Casey, J. Michael Duff, Ryan T. Nelson, Richard Grudzinski, Doug Peck and David Siegel. The band for the DD YTI will be members of Vashon's Portage Fill Harmonic Big Band, with Randy Bruce as rehearsal/ performance pianist.

There is an important mime role which will be played by Louisa Moody, who will be mentored by her father, noted Vashon performer Steffon Moody - no singing, no lines, lots of movement - she will be "Coda", the "silent" narrator. Marita Ericksen will pull it all together as Director for Drama Dock's YTI fourth production. Three performances will run the last weekend of January, 1/27 (7:30 pm) and 1/28 at 2 pm and 7 pm), 2012, at the Vashon High School Theatre. Lights! Camera! Action!!



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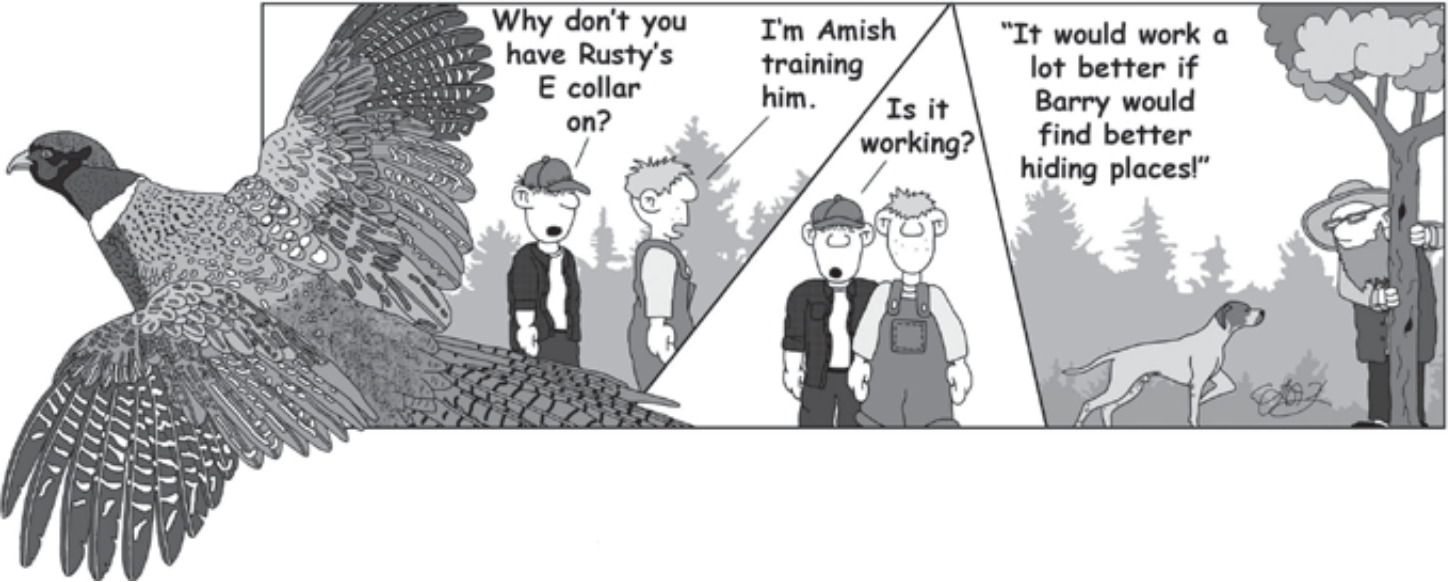
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Weekend Entertainment January 20

Reptet

Reptet is a genre bending band of musicians based out of Seattle whose instrumentation consists of drums, bass and four horns. These six multi-instrumentalists have an expansive approach to their music, performing original compositions that incorporate reggae, rock, ska, punk, modern classical, avant-garde, eastern European folk influences and more.

Their internationally acclaimed 2006 release, "Do This!" (Monktail Records) made the year end top 10 lists of many jazz journalists and was chosen Top Jazz CD of the year by Jazziz magazine's Alex Gelfand. They also won two Earshot Golden Ear Awards (celebrating the best of northwest jazz), including Best 'Outside' Jazz Group and Best Performance of the year (as part of the Monktail Raymond Scott Project). In 2007, Reptet criss-crossed the United States exhaustively touring in support of "Do This!". Their next CD, "Chicken or Beef?" was released in the summer of 2008 and was similarly embraced. In fact, the 8th Annual Independent Music Awards named it a finalist for Jazz Record of the Year. They made an

Friday, January 20, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



unexpected move in 2009 by taking a page from the punk rock play book and released a red vinyl two-song record called "Agendacide". They released their fourth CD entitled "At The Cabin" in January 2011. Their upcoming touring plans include trips to Europe, and Canada and across the US.

Reptet have established themselves as a new model for jazz in the 21st century by embracing tradition while simultaneously infusing their music with modern (and sometimes futuristic) sensibilities.

This is an all-ages free cover show 'til 11pm, then 21+ after that.

The Field Hands, Folk - Rock



The Field Hands is a Vashon-grown n band playing a style of Americana, folk and up-beat rock tunes. They are familiar from previous and varied performances or climbing in, on or under your house. The Cafe Luna show will showcase a few fresh tunes with some wonderful stories and smooth melodies to augment a nice cup of Chai or a micro-brew.

Friday, January 20, 7pm, At Cafe Luna, 9924 SW Bank RD  
www.cafelunavashon.com

Louis XIV  
The Sun King's Music

The second annual 2012 Salish Sea Early Music Festival presents five programs of early chamber music on period instruments on Vashon Island on Thursday evenings through May featuring some of the most accomplished performers on period instruments from around the country and Europe. We hope you'll join us!

The Sun King's Music features the fabulous instruments and music with which Louis XIV and his court was familiar at a pitch more than two half steps below modern pitch, which lends a sumptuousness to the instruments and music that may never before have been experienced in a complete chamber music performance in the Pacific Northwest and for which the acoustics at Vashon United Methodist Church are ideal.

Blendulf, Lenti and Cohan will "channel" members of the king's "Musique de la Chambre", one of the primary divisions of the king's musical establishment, which included flutists René Pignon Descoteaux and Philibert Rebillé, who made fashionable the new 3-piece baroque form of the transverse flute. They serenaded Louis XIV from at

least 1667, and were joined as members of the "Musique de la Chambre" by viola da gambist Marin Marais in 1679 and in 1680 by guitarist Robert de Visée, the king's guitar instructor from 1695 who regularly played at the king's bedside and in private concerts for Mme de Maintenon. This concert features a three-piece copy of a flute made in about 1700 by Jacques Hotteterre, the most famous flutist from Louis XIV's last decades. Several unpublished late 17th-century manuscripts from the Library of Congress and the Bibliotheque Nationale in Paris will be featured.

Joanna Blendulf is one of the foremost specialists upon the rarely heard pardessus de viole, which emerged as a new soprano member of the viola da gamba family in the late 17th-century and is played upright in the lap.

Thursday, January 19, at 7:30 PM  
Vashon United Methodist Church  
17928 Vashon Highway SW  
(206) 463-9804  
\$20 or \$15 suggested donation  
18 and under always free  
www.concertspirituel.org

Garth Reeves Band

Garth Reeves has been playing professionally for over 18 years. After cutting his teeth in the halcyon days of the Olympia scene, Garth moved to Seattle to explore that cities burgeoning music explosion. A short of list of bands Garth has been in include: Dangermouse, Nubbin, Goodness, Blue Spark... and now as a solo artist and in collaboration with others, Garth is expanding on a catalog of solo work that mines the roots of American musical vernacular.

After returning to Seattle from a stint in Brooklyn, Garth and producer/keyboardist (and Vashon Island resident) Jason Staczek began recording the follow-up to Garth's first record Nothing But Time in several Seattle studios. Collaborating notably with Ian Moore, Timo Ellis, Pete Droge and Garth's regular touring band The Unfaithful Servants (Jeff Fielder, Andy Stoller, Mike Musburger), Garth and Jason are honing the song craft and production style of Nothing But Time, while continuing to mine that albums musical landscapes.

Garth's album Nothing But Time, released in 2005, was made using analog tape, an old Trident board, and a tight knit group of Seattle musicians (Jason



Staczek, Pete Droge, Rob Brill, Jeff Fielder, Andrew McKeag, Carrie Akre, Danny Newcomb, and Dan Tyack, and others). The result is a stunning and emotional record deeply rooted in tradition.

This is an all-ages free cover show 'til 11pm, then 21+ after that.

Saturday, February 4, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



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Deadline for the next  
edition of *The Loop* is  
Friday, January 27



# Drama Dock Announces Upcoming Auditions

Drama Dock Theatre announces Auditions for Sherlock’s Veiled Secret, by K.C. Brown: at The Ober Park Performance Space (just north of the Vashon Library) on Saturday, January 21st at 6 pm. Please prepare two memorized short (1 to 2 minutes each) contrasting monologues (1 serious & 1 comic). Scripts are available at the library for in-library perusal. Performances scheduled for April 13th thru the 22nd at The Vashon High School.

- Cast of Characters:
- Violet Sheridan--20’s, sculptor. Intelligent and strong-willed.
  - Charles Wellington Yorke-- 20s to 30s, from an upper crust family. Boyish, energetic, charming--but not free from the constraints of his background.
  - Sherlock Holmes-- In retirement and old enough to be a father of a grown child.
  - Mrs. Cyril Morton nee Violet Smith-- 40s to 50s, poised. A woman of deep feeling and some wealth.
  - Lady Charlotte Carrington-- 40’s

- to 50’s. Married to a peer of the realm. Upper crust sangfroid concealing passion and an adventurous spirit.
- Irene Adler-- In her 40s to 50s, Opera Singer, actress, adventuress.
- Turlough O’Brennan-- Wide age range. Flamboyant, possessed of a convincing charm and a good sense of humor.
- Also looking for Tech Staff: Stage Manager, Assistant Stage Manager, Set Construction, Painting, Assistant to the Costumer, Sound Op, Lighting Op.
- It is 1920. Violet Sheridan, a young sculptress, who is engaged to marry Charles Wellington Yorke, is summoned to meet Sherlock Holmes, who is now retired and keeping bees in Sussex. Violet hopes that the great man has invited her in order to commission a bust of himself, but instead he reveals to her a secret only Holmes would keep!
- For more information, please contact Elizabeth Ripley: eripley13000@hotmail.com or call her at 463-6388

# Curious Comedy Show Entertains All

By Janice Randall

Guinness World Record holder Matt Baker, voted Seattle’s funniest prop comic, has performed in venues all over North America, and brings his talent to Vashon Allied Arts, Saturday, January 21, 7 pm.

Baker’s young, hip style of stand up comedy encourages laughter in audiences of all ages. He has performed on television’s Last Comic Standing and America’s Got Talent.

From stories about being raised in a quirky family to the 10 best ways to break up with someone without getting physically hurt, Baker’s off-the-cuff humor allows him to connect with his audience and make every show unique. Sharp, edgy and hilarious, Baker’s Curious Comedy Show is appropriate for the whole family.

A performance Sharon Osbourne called, “Hilarious,” and the Seattle Times penned, “Amazing,” Baker’s non-stop show is action packed with audience participation, stand-up bits and stunts.



Special thanks to the Little House for cosponsoring the VAA Family Series.

Tickets are \$5 kids under 12/\$10 VAA members, students, seniors/\$12 general, and are available at VAA, Heron’s Nest, Vashon Bookshop and [www.BrownPaperTickets.com](http://www.BrownPaperTickets.com).

# Brother Sister Duo Makes Beautiful Music

By Janice Randall

Longtime Islander Daryl and Seattleite Renee Redeker, sister and brother, reunite with a new CD release concert at Vashon Allied Arts, Saturday, January 28, at 7:30 pm.

The Redekers toured the Northwest during the 70s and 80s. Together they produced 9 albums and left a musical legacy. Now, after working apart for a time, they’re a duo again, performing a rich menu ranging from Robert Burns’ ballad “Geordie” to the Beach Boys “Little Deuce Coupe” to Rodgers and Hart standard “Blue Moon.”

But mostly they’ll feature originals like the tender and kindly love song “Shepherd’s Hook” and the beautiful nature evocation in “The Magic Osprey,” and calypso-inflected “Kinka Jou,” all written by Daryl. Title tune, Renee’s “Redwood,” is a plaintively lovely song of lost love.



These thoroughly professional performers create a separate and specific sound for each song, varying their voices and instruments so well it’s hard to be certain they’re only two.

“It’s real, it’s spontaneity,” says Renee. Daryl adds, “We care about the same thing at the same moment, with lots of eye contact as we’re playing.”

Daryl, who also teaches guitar, has written and recorded since the early 1970s. He’s opened for such well-known acts as Jose Feliciano, Phoebe Snow, Kenny Rankin and John Denver. Daryl’s

love of music and his ability to interpret a wide variety of musical styles makes him a dynamic and effective teacher.

Renee has performed professionally in the Northwest since 1973. Her clear, athletic vocals use flavors of jazz, rock, blues and folk. Renee currently performs in the Seattle area, both solo and with the Black Lab Trio.

Tickets, \$12/\$15, are available now at VAA, Heron’s Nest, Vashon Bookshop, [www.BrownPaperTickets.com](http://www.BrownPaperTickets.com), or call 463.5131.

# Cordaviva



Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, afrobeat, funk, and various latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

The members of Cordaviva have performed at such notable Seattle venues as Sasquatch Music Festival, Bumbershoot, Hard Rock Cafe, The

Saturday, January 28, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Triple Door Mainstage, Showbox, Neumo’s, Tractor Tavern, and ACT Theatre. Cordaviva’s influences stem from musical legends such as Nigeria’s Fela Kuti, Guinea’s Bembeya Jazz, and Congo’s Franco & TP OK Jazz, as well as the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

If you missed this band the last time they came through, now is the time to see them up close and on fire!

This is an all-ages free cover show ‘til 11pm, then 21+ after that.

# The Theoretics

Theoretics is a group of seven musicians that makes original music drawing equally from hip hop, soul, electronica, and funk. Fronted by two Emcee/Vocalists and backed by a five-piece rhythm section, the band makes use of its diverse instrumentation and effects to create dynamic music with creative and energetic lyrics.

In April of 2011, the band released their self-titled debut, consisting of original songs co-written by all seven members. The cinematic qualities of the music inspired director Garrett Gibbons to approach the band about collaboration on a music video. This first video, “Higher”, received acclaim for its blend of high energy live performance with an interesting story told through breakdancing.

Looking to outdo their first effort, Theoretics raised over \$5,000 on Kickstarter for “Jekyll and Hyde”, a music video that uses horror and steampunk elements to create an original take on the classic story. “Jekyll and

Friday, February 10, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



Hyde: the Music Video” premiered on Halloween weekend to an enthusiastic crowd and is now making its way across the web. Looking ahead to the future, the band continues to wow live audiences all over the Northwest with their live shows while writing a new set of material that will move the band into newer musical territories.

This is an all-ages free cover show ‘til 11pm, then 21+ after that.

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## Care Packages Sought for Fallen Soldier's Platoon

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

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*Make a date with Vashon!*  
**www.VashonCalendar.org**

Vashon Library Events  
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## The Vashon Loop is Now available FREE on the Vashon Fauntleroy & Southworth Ferry Route

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### Compost the Loop

*The Loop's soy-based ink  
is good for composting.*

## Starts January 20



## Starts January 27



## Vashon Theatre

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